

For Your Health and Benefits

From the Arizona Department of Administration
Human Resources/Benefits Office



September 2005

benefit
options
wellness!
Be Well Stay Well.

Prostate Cancer Prevention: What YOU Can Do

By Jeri Penrose, Communications Coordinator
State Of Arizona Human Resources

The American Cancer Society estimates that more than 230,000 men in the U.S. are expected to be diagnosed with prostate cancer this year. What's more, it is estimated that 29,500 will die. That translates to about 4,000 diagnoses and 500 to 600 deaths annually in Arizona alone. How will you and your loved ones beat the odds?



"The best way to prevent prostate cancer deaths is to get screened on a regular basis," says Dr. Rick Ahmann from the Arizona Cancer Center in Tucson.

According to Dr. Ahmann, less than half of men over the age of 50 ever get screened for prostate cancer, something he finds "disturbing".

Edwin Burrows, a 72-year-old video production specialist with the Department of Revenue, was diagnosed with prostate cancer six months ago. With no family history of the disease, he didn't think he had to worry.

"It was certainly a shock to find out I had prostate cancer," Burrows remarks. "I never dreamed I would get

it. Now I know that anyone can get it. You don't have to have a family history."

Thankfully, Burrows was diligent when it came to getting his annual PSA exam. That is precisely how his cancer was detected.

Prostate cancer, or cancer of the prostate gland, is the most common cancer in men, but having regular checkups is crucial to staying healthy. Mayo Clinic.com reports that if the cancer is detected early—when it's still confined to the prostate gland—the patient has a better chance of successful treatment with minimal or short-term side effects.

The Impact of Lifestyle Changes

According to a recent small study led by heart-health guru Dr. Dean Ornish, certain lifestyle changes can also help to keep prostate cancer at bay. In the study, nearly half the participants followed a strict diet, exercised regularly and practiced stress-reducing techniques. The other half served as a control group and continued with their normal patterns of living.

By the end of the study, researchers found that the men who undertook the more healthful lifestyle changes fared better than those who didn't. But Dr.

Ahmann warns against studies such as these.

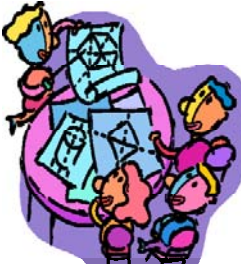
"We would all like to believe that we can control our destiny by our behaviors and what we eat, and we can, but only to a certain degree," he cautions. Although medical experts at the Mayo Clinic would also caution the public about the relationship between diet and other factors to prostate cancer risk, they do have a number of suggestions for those wanting to stay healthy. Here are a number of ideas to work into your lifestyle:

- Try to incorporate the following foods into your diet on a regular basis: tomatoes, soy, garlic and green tea.
- Consider antioxidant-rich foods that contain beta carotene, vitamins C and E, selenium and zinc.
- Keep physically active. Exercise can strengthen your immune system, improve circulation and speed digestion—all of which may play a role in cancer prevention.
- See your doctor regularly.

-continued on page 4

Attention Kingman!

The Wellness Program is teaming up with the Kingman ADOT training office to offer the following classes on Tuesday, September 13, 2005



Any State employee is welcome to attend these free classes. Email JMcGehee@azdot.gov to register for one or all of the following programs.

1:00pm-2:00pm SELF CARE

Participants become smarter health care consumers, save time and money by avoiding unnecessary trips to the doctor and emergency department, and improve the quality of health care provided at home. Workbook provided.

2:15pm-3:15pm SLEEP WELL

Do you catch yourself yawning? Have you caught yourself dozing at work or behind the wheel? 1 out of every 3 adults reports sleep problems. Participants identify what is "normal sleep," if they have a sleep problem, and what can be done to overcome a problem.

3:30pm-4:30pm WHAT'S ON YOUR PLATE?

Proper nutrition and regular exercise prevent disease and promote good health. Eating healthy is not difficult if you know what to do, without giving up the food you love for the rest of your life.

Location:

Dept. of Transportation
Kingman District Training Office
3660 E. Andy Devine
Training Classroom, Building 3046
Kingman, Arizona

Free Mini-Health Screening at work!

Screening takes as little as 15 minutes and **no appointment is necessary**. Any State employee is welcome.

- ☐ Checks of blood pressure and percent of body fat
- ☐ Height/weight/frame size assessment
- ☐ Cholesterol and blood sugar check (blood draw) - eight-hour fasting period required
- ☐ Personal and confidential report mailed to your home.
- ☐ Women age 40 and over are eligible for a free osteoporosis screening.
- ☐ Women under 40 can also have an osteoporosis screening for a copay of \$35.00.
- ☐ Men 40 and over can get a prostate cancer (PSA) screening exam by blood draw for a copay of \$5.00.

Upcoming Locations

**You do not need
to call to register
for Mini-Health
screening.**



Payson- Monday,
September 12, 2005 7:00am-9:
00am Dept. of Transportation 200
N Colcord Conference Room

Mesa- Wednesday, September 14,
2005 8:00am-10:00am Dept. of
Economic Security 1619 E. Main
St. Conference Room

Call us at 602.771.WELL if you
would like to have this screening at
your office!

Flu Shots 2005

Free flu shots will be offered, in October and November, to all benefit eligible State employees at worksites across Arizona.



The full list of locations, including eligibility, will be posted at www.benefitoptions.az.gov in late September.

Tai Chi

Tai Chi is an integrated exercise for the body, mind and spirit. It is truly "moving meditation." It is a great way to relieve stress, lower blood pressure and help re-energize.

Master Jesse Tsao will lead this 10-week series. There is a \$50 copay per person for the 10 week series. **Space is limited, email wellness@azdoa.gov to reserve your space.**

**Any state employee is welcome
to attend any location.**

Beginner series

Phoenix- 10 Wednesdays,
September 14- November 14
Noon-1:00pm Dept. of Health
Services 1740 W. Adams Basement
Exercise Room

Intermediate series

Phoenix- 10 Wednesdays,
September 14- November 14
1:00pm-2:00pm Dept. of Health
Services 1740 W. Adams Basement
Exercise Room

Phoenix- 10 Wednesdays,
September 14- November 14
2:15pm-3:15pm Supreme Court
1501 W. Washington Exercise
Room

Mammography Screening

Mobile On-Site Mammography is an accredited mobile facility that offers mammograms at the worksites across the State.



Upcoming Locations:

Phoenix- Tuesday, September 6, 2005 8:00am-5:00pm Dept. of Revenue 1600 W. Monroe

Chandler- Wednesday, September 14, 2005 8:00am-Noon Dept. of Revenue 3191 N. Washington

Phoenix- Friday, September 16, 2005 8:00am-5:00pm Dept. of Health Services 150 N. 18th Ave

Florence- Friday, September 16, 2005 8:00am-4:00pm ASPC Florence

Tucson- Tuesday, September 27, 2005 7:00am-3:00pm Dept. of Economic Security 3013 W. Lincoln

Call Mobile On-Site Mammography at 480.967.3767 or toll free at 1.800.285.0272 to make an appointment or if your office is interested in having the mammography van at your worksite.

Wellness at Work!

Wellness classes and screenings are available in worksites across Arizona. Call us at 602.771.well (9355) for more information!

You can access a full list of programs that can be hosted at your worksite at:

www.benefitoptions.az.gov

These services are available for State Employees in the **Tucson** area through the UA Life & Work Connections. Call 520-621-2493 for more information.

Get a Massage!

This program is open to State employees at their worksites. The cost is \$10 for a 15-minute massage or \$20 for a 30-minute massage.



The best part is that we come to you! Licensed massage therapists from National Stress Station will travel to worksites with at least 15 interested employees (and/or family members). Call National Stress Station at 480.990.1701 to discuss options for having this program at your worksite.

How Stressed Out Are Americans?



According to the American Psychological Association's online Help Center:

Forty-three percent of adults suffer adverse health effects from stress.

Two-thirds of all office visits to family physicians are due to stress-related symptoms.

Sixty-four percent of Americans say they are taking steps to reduce stress in their lives.

Stress is linked to the six leading causes of death—heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Source: "Mind/Body Health: Did You Know?" American Psychological Association, www.apahelpcenter.org.

Weight Watchers®

The Wellness program offers the Weight Watchers at Work program to State employees at State worksites. The "At Work" program is presented as a 10-week series.



From July 1, 2005 through June 30, 2006, all non-University State employees are eligible to join Weight Watchers for \$59.00 for each 10-week series. The fee includes materials. University employees need to check with their University wellness office for current rates.

Spouses and retirees are welcome to attend Weight Watchers classes at a copay of \$90 per 10-week session plus a \$10 charge for materials due at the first session they attend.

If you are interested in attending a class, please call Weight Watchers to check for available classes. Weight Watchers will conduct a free introductory meeting at your worksite. Weight Watchers can be reached at 602.248.0303. Ask to speak to someone in the "At Work" department. Please identify yourself as a State of Arizona employee.

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wellness@azdoa.gov

Persons with a disability may request reasonable accommodation by contacting the Benefits Office. If you need this issue in an alternative format, please call 602.542.5008.

Fit and Fast Cooking

Protein programs and diets are the rage in America today. But if you're serious about feeling good and creating a healthier lifestyle while eliminating carbohydrates... come get the facts. Instructor Ted Rogers will give you the real facts about protein programs and "lift the myth" on the concepts of carbohydrates. Class participants will receive delicious ideas and Fit and Fast Food recipes to keep you energized, satisfied and happy.

Any state employee is welcome to this class. These classes are 90 minutes each. There is a \$1.00 fee per person for this class payable to the instructor at the time of the class. Fit and Fast cookbooks will also be available for \$10.00.



Tucson- Thursday, September 15, 2005 AHCCCS 110 S. Church Ste. 1060 **Call 520.205.8781 to register for this class.**

Tucson- Friday, September 16, 2005 11:30am-1:00pm State Complex Tucson 400 W. Congress Room 158 **Call 520.628.6590 to register for this class.**

Phoenix- Tuesday, September 27, 2005 11:30am-1:00pm Dept. of Administration 100 N. 15th Ave Room 300 **Email wellness@azdoa.gov to register for this class.**

-Prostate cancer, continued from page 1

The good news is that simply knowing your family history and other risk factors can help you plan a course of action for prevention.

Burrows' only risk factor was his age, but because he was proactive in

getting screened every year, he was able to catch prostate cancer early, and with treatment, his PSA level is down by half and he's feeling great.

"That's the trick—catching it before it spreads," Burrows says. Mayo Clinic doctors, along with the American Cancer Society and the American Urological Association, recommend having an annual blood test to check for prostate-specific antigen (PSA) beginning at age 50, or earlier if you're at high risk for cancer. If you're African American or have a family history of the disease, talk with your doctor about beginning even earlier.

Interested in getting screened for prostate cancer? You can obtain a PSA blood test at one of the Wellness Mini-Health Screenings. These screenings run from January through September each year.

Up One, Down Two: Take the Stairs

Want to be more active but lack the time?



It is no secret that being active adds years to your life and life to your years. Being active doesn't always mean you need to go to the gym and "exercise." Getting some physical activity can be something as easy as using the stairs.

Your Benefit Options Wellness Program encourages you to go **UP ONE, DOWN TWO!** At a minimum, if you are going up one flight or down two flights, use the stairs.

If you already do more, keep it up; however if you rarely use the stairs, try committing to this simple motto of **UP ONE, DOWN TWO!**

By making small steps to being more active, you can take one more step to a healthier you.

What's on Your Plate?

Proper nutrition and regular exercise prevent disease and promote good health. Eating healthy without giving up the foods you love is not difficult if you know what to do!

Thursday, September 15, 2005
9:00am-10:00am
Department of Education
1535 W Jefferson Room 417

Any state employee is welcome to attend this free class, however space is limited. Please reserve your spot by emailing:

administrative.services@azed.gov

Stress Management Classes in Tucson

Today, stress levels are higher than ever before. Join Ted Rogers to learn why it's not your job that's causing stress along with techniques and tips to:

Use stress to your advantage;

Improve coping and relaxation skills;

Identify simple ways to lower stress;

Create an action plan to live a healthier life.

You don't want to miss this much needed and life enhancing program! Any state employee is welcome to this class.

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